

Newark Board of Education

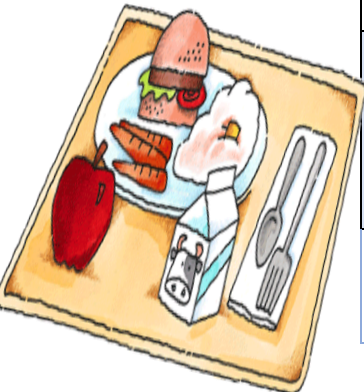
May 2022 Secondary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Strips 4 oz.(USDA) Oven Roasted Potatoes 1 c Fresh Red or Green Apple ½ Pt. L.F. Milk Ketchup	3 Holiday Eid-al-Fitr	4 Spaghetti & Meatsauce w/Marinara Sauce Steamed Broccoli 1 c Italian Bread Fresh Pear 1 c ½ Pt. L.F. Milk	5 Oven Roasted Chicken (USDA) Broccoli ¾ c (USDA) Dinner Roll Strawberry Cup (USDA) ½ Pt. L.F. Milk	6 Fish Slider on WW Bun (2) Tossed Salad 2 c Sun Chips Assorted Fresh Fruits ½ Pt. L.F. Milk Salad Dressing, Ketchup, Tarter Sauce
9 Sloppy Joe on Bun Glzged Carrots ¼ c Fresh Red or Green Apple ½ Pt. L.F. Milk	10 Italian Cheese Burger w/ Roasted Pepper and Onions on a WW Hamburger Bun Oven Roasted Potato Wedges 1 c Fresh Orange ½ Pt. L.F. Milk Ketchup	11 Beef Hot Dog (2) on WW Hot Dog Bun (Onions & Peppers) Potato Wedges 1 c (USDA) Fresh Pear ½ Pt. L.F. Milk Ketchup, Mustard	12 Goldkist Crispy Chicken Sandwich on a WW Bun with Lettuce & Sliced Tomato Seasoned Potato Fries 1 ¼ c Fresh Banana ½ Pt. L.F. Milk Ketchup & Mayo	13 Cheese & Vegetable Lasagna Rolls Romaine Salad 2 cups Italian Bread Choc. Chip Cookies (2) Assorted Fresh Fruits ½ Pt. L.F. Milk Salad Dressing
16 Chicken Strips 4 oz.(USDA) Oven Roasted Potatoes 1 c (USDA) Fresh Red or Green Apple ½ Pt. L.F. Milk Ketchup	17 Grilled Cheese Carrot Sticks 1 ¼ c w/Ranch Dressing Fresh Orange ½ Pt. L.F. Milk	18 Spaghetti & Meatsauce w/Marinara Sauce Steamed Broccoli 1 c Italian Bread Fresh Pear 1 c ½ Pt. L.F. Milk	19 Oven Roasted Chicken (USDA) Broccoli ¾ c (USDA) Dinner Roll Strawberry Cup (USDA) ½ Pt. L.F. Milk	20 Fish Slider on WW Bun (2) Tossed Salad 2 c Sun Chips Assorted Fresh Fruits ½ Pt. L.F. Milk Salad Dressing, Ketchup, Tarter Sauce
23 Sloppy Joe on Bun Glzged Carrots ¼ c Fresh Red or Green Apple ½ Pt. L.F. Milk	24 Italian Cheese Burger w/ Roasted Pepper and Onions on a WW Hamburger Bun Oven Roasted Potato Wedges 1 c Fresh Orange ½ Pt. L.F. Milk Ketchup	25 Beef Hot Dog (2) on WW Hot Dog Bun (Onions & Peppers) Potato Wedges 1 c (USDA) Fresh Pear ½ Pt. L.F. Milk Ketchup, Mustard	26 Goldkist Crispy Chicken Sandwich on a WW Bun with Lettuce & Sliced Tomato Seasoned Potato Fries 1 ¼ c Fresh Banana ½ Pt. L.F. Milk Ketchup & Mayo	27 Cheese & Vegetable Lasagna Rolls Romaine Salad 2 cups Italian Bread Choc. Chip Cookies (2) Assorted Fresh Fruits ½ Pt. L.F. Milk Salad Dressing
30 Holiday Memorial Day	31 Grilled Chicken Sandwich w/ Lettuce & Tomato Carrot Sticks 1 ¼ c w/Ranch Dressing Fresh Orange ½ Pt. L.F. Milk Ketchup & Mayo			

Menu is subject to
change due to:

Weather, Calendar
Changes, Administrative
Directive,

Equipment Malfunction
and/or Product
Availability



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